

- 6 -

What is claimed is:

1. A crystal form of nateglinide having a melting point of about 108°C; or solvates thereof.
2. A method for the production of the crystal form of claim 1 wherein the method comprises:
 - (a) dissolving nateglinide in any of its forms in a first solvent in which nateglinide is readily soluble at an ambient temperature to form a solution;
 - (b) treating the solution with a second solvent which is miscible with the first solvent, and in which nateglinide is only poorly soluble to induce precipitation of the crystals of claim 1; and
 - (c) isolating and drying the precipitated crystal form of claim 1.
3. The method of claim 2, wherein the precipitation of the crystal form of claim 1 is induced by stirring, cooling or by adding seed crystals of nateglinide.
4. The method of claim 2, wherein the ambient temperature ranges from room temperature to the boiling point of the solvent.
5. The method of claim 2, wherein the crystal form of claim 1 is dried under atmospheric or reduced pressure at a temperature ranging from room temperature to 70°C.
6. The method of claim 2, wherein the first solvent is a mixture of ethanol and toluene;
7. The method of claim 6, wherein the second solvent is water containing hydroxypropylmethylcellulose.
8. The method of claim 7, wherein the first solvent contains 50% of ethanol by volume; the second solvent contains 1% of hydroxypropylmethylcellulose; and the ratio of the first solvent to the second solvent is 1 to 7 by volume.
9. The method of claim 8, wherein the ambient temperature is room temperature; and the crystal form of claim 1 is dried under reduced pressure at a temperature ranging from room temperature to 50°C.

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